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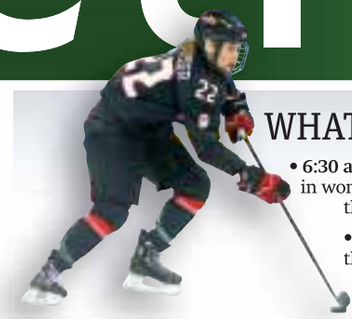
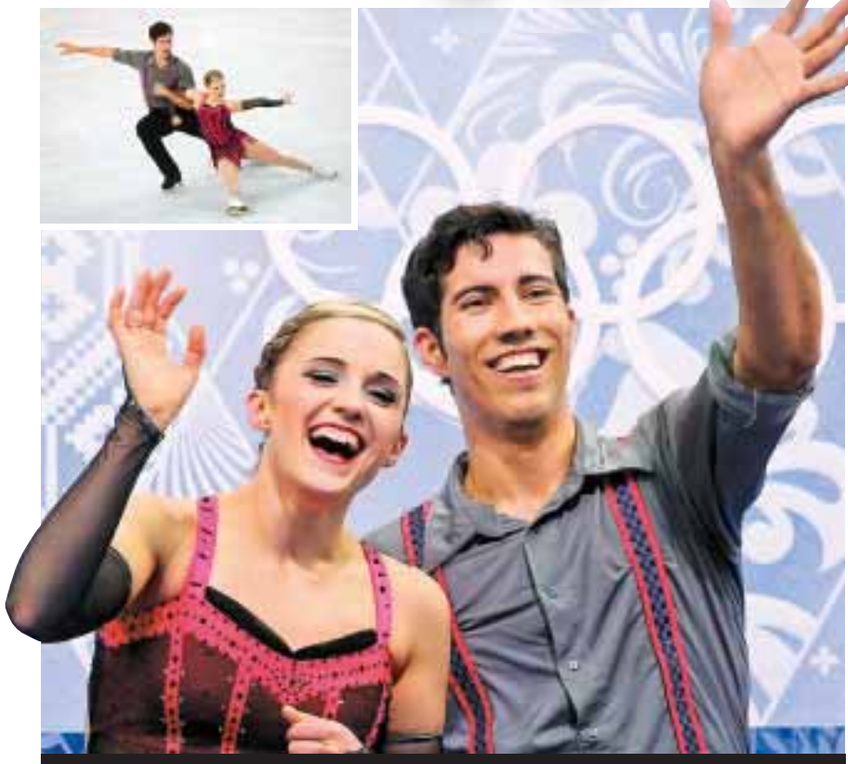


WHAT TO WATCH IN SOCHI

- **6:30 a.m.** Canada meets the U.S. to wrap up round-robin play in women's hockey. A matchup usually reserved for the finals this time decides the winner of group A.
- **9:45 a.m.** Meagan Duhamel and Eric Radford will go for their second medal of the Games in the pairs free skate. They're in fifth after the short program, just three points back of a podium spot. **GREG DOWNS/FOR METRO**



WITH LOVE FROM RUSSIA

Paige Lawrence and partner Rudi Swiegers, of Kipling, Sask., and Kennedy, Sask., respectively, are pleased with their performance after competing, inset, on Tuesday in the figure skating pairs short program at Iceberg Skating Palace in Sochi, Russia. More Olympic coverage, pages 4, 7, 9 & 18-20.

PAUL GILHAM/GETTY IMAGES; INSET: BERNAT ARMANGUE/THE ASSOCIATED PRESS

Feds' budget fails to impress in Sask.

'We expected greater clarity.' Provincial, municipal leaders give spending plan lukewarm reception

MARCO VIGLIOTTI
Metro in Regina

The new federal budget was met on Tuesday with a lukewarm reception from provincial and municipal leaders, who charged that the "boring" spending plan offers no substantive measures for cutting into Saskatchewan's growing infrastructure deficit.

Provincial Finance Minister Ken Krawetz said the federal government's mostly predictable budget fails to shed light on how funding would be distributed through its 10-year, $53-billion Building Canada infrastructure program.

"We expected greater clarity (on) the Building Canada Fund," Krawetz told reporters in Regina.

"Municipalities and the province were wanting to see a greater explanation on what was announced last year. That's not there."

Based on Ministry of Finance estimates, Krawetz said Saskatchewan could expect to receive only $15 million in the first year of the program.

He noted, though, that the allocation would increase in future years.

Saskatchewan's opposition New Democrats also voiced displeasure at the 2014 blueprint, accusing Ottawa of failing to grasp the steep, growth-fuelled challenges facing the province.

"We were really looking for an investment in our communities.… It's simply not there," said NDP finance critic Trent Wotherspoon, citing a lack of firm commitments to bolster infrastructure funding.

For the mayors of Saskatchewan's biggest cities, the budget offers more questions than answers.

"We need to know what the criteria is," Don Atchison, mayor of Saskatoon, said of the Building Canada program.

"There's no point going out there saying, 'We're going to build from A to Z' and then find out that A to Z aren't on the schedule."

In Regina, Mayor Michael Fougere said the budget is "vague" on the infrastructure and housing fronts — the two issues he has pinpointed as the capital city's top concerns.

Krawetz also took aim at the Harper government's contentious pledge to move ahead with the implementation of its Canada Job Grant program in April, even without support from the provinces and territories.

"We have had concerns about it," he said of the proposed grant scheme, in which costs will be split equally between Ottawa, employers and the provincial and territorial governments.

"The 10 provinces have agreed to submit a counter-proposal to the federal government.… They're waiting for a response from (Employment Minister) Jason Kenney."

WITH FILES FROM MORGAN MODJESKI

More on the federal budget, page 6

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Licence requirements

Province approves new measures to keep bikers safe

The Saskatchewan government has given the green light to recommendations aimed at improving motorcycle safety.

Saskatchewan Government Insurance says the province has approved all proposed changes put forward last week by a motorcycle review committee.

Changes that will kick in this coming season include making new riders prove they can safely handle motorcycles before they get their licences.

In addition, people who want motorcycle learner's permits must first hold a Class 5 driver's licence, the standard licence for operating a vehicle.

Other changes will come in 2015 or later, including a requirement that all motorcycle riders and passengers wear eye protection.

There will also be stiffer penalties for all drivers and riders who make unsafe lane changes. THE CANADIAN PRESS

Community opposed

Metals plant gets environmental OK

The Saskatchewan government says a proposed metals processing plant has passed an environmental review.

It says the plan by Fortune Minerals Ltd. adheres to strict environmental standards.

The company wants to build the plant near Langham, northeast of Saskatoon.

Some nearby residents formed a group to oppose the project, saying it poses a risk to their water supply.

The Saskatchewan Environmental Society also recommended the province not approve the project. THE CANADIAN PRESS

SGI seeks big rate hike

Average 5.2 per cent.
Highest increase in more than 15 years a 'concern,' observers say

SARAH TAGUIAM
Metro in Regina

Drivers in Saskatchewan may face an average 5.2 per cent hike on their vehicle insurance rates, beginning this summer.

Saskatchewan Government Insurance is seeking an increase that would be the largest for the provincial Crown corporation in more than 15 years.

"It's the biggest one we've had since 1998 … when we increased rates to a total of nine per cent," Don Thompson, SGI vice-president of product management, told media Tuesday.

If approved by Saskatchewan's Rate Review Panel, 84 per cent of vehicles will see an annual $49 increase — $4 per month — on insurance rates, while 16 per cent will experience a decrease or no change.

Rates would be adjusted depending on the type of vehicle.

The changes would take effect on Aug. 31.

According to SGI president and CEO Andrew Cartmell, the request is based on a growing number of claims and rising vehicle body repair labour costs. Those labour costs jumped, he said, by 10 per cent last month and will continue to climb by 10 per cent in each of the next two years.

Necessary evil?

"I don't think anyone wants to see a rate increase, but we hope we struck a good balance."
SGI president and CEO Andrew Cartmell

Under SGI's plan, motorcycle rates would climb by a fixed 5.2 per cent, while taxis would see their rates surge by 17.3 per cent.

Cartmell explained that the taxi and motorcycle hikes are aimed at bringing their rates closer to what's needed to cover claims and expenses and to protect customers from unexpected events such as extreme weather.

The Canadian Automobile Association acknowledged that the increase is a "concern."

"Prices are going up and so are labour costs, but we just have to wait and see what happens," said CAA Saskatchewan spokeswoman Christine Niemczyk.

SGI's proposed rate increase was announced at its head office by product management vice-president Don Thompson, left, president Andrew Cartmell, centre, and chief financial officer Jeff Stepan. SARAH TAGUIAM/METRO IN REGINA

Two penalties per game times six games …

Cohner Saleski, from Valley Manor Elementary School in Martensville, Sask., takes a shot on Huskies goalie Matthew Smidt on Tuesday morning.
MORGAN MODJESKI/METRO

Students in and near Saskatoon struggling with mathematics will soon get a helping hand from the game of hockey.

More than 10,000 students have already registered for the Cameco Power Play Program, which teaches students math using a hockey-themed curriculum as part of the Canadian Interuniversity Sport's PotashCorp University Cup.

"One of the ways we really find that students can engage more deeply in subjects that are difficult for them is to make that subject more relevant," said Mickey Jutras, acting principal at Pleasant Hill Community School.

Participating students will also receive a ticket to Game 1 and Game 3 of the University Cup tournament, giving them a chance to see the host-team Huskies in action.

Huskies head coach Dave Adolph hopes the program inspires students to seriously pursue their sport and academics.

"A team sport or athletics is often the key to focusing and understanding goals and dreams," he said.
MORGAN MODJESKI/METRO

University Cup schedule

- **Game 1:** March 20, 1 p.m.
- **Game 2:** March 20, 7 p.m.
- **Game 3:** March 21, 1 p.m.
- **Game 4:** March 21, 7 p.m.
- **Game 5:** March 22, 2 p.m.
- **Game 6:** March 22, 7 p.m.
- **Final:** March 23, 1:30 p.m.

Saskatchewan residents sound off on Team Canada's start

With Canada seeing a strong start to the 2014 Sochi Winter Olympic Games, Metro spoke to residents in Saskatoon and Regina to find out if they feel Team Canada can outdo their exceptional performance at the Vancouver 2010 Winter Olympics when Canadian athletes took home 26 medals.

SARAH TAGUIAM AND MORGAN MODJESKI
Metro

Jeffrey Stewart, 21, student, Saskatoon

"I think they definitely could. They're off to a lot better start already and they've had people they weren't really expecting to medal doing good … so I think they definitely could."

Senecca Reyes, 17, student, Regina

"I think we're going to do really well but get around the same amount of medals. It's exciting to watch and see how it goes though since we were leading with medals early on."

Andrew Henry, 21, student, Saskatoon

"I think so … we've been working hard to outdo what we did in Vancouver, so I believe that we can outdo our performance."

Rob Phillipson, 24, masters student, Regina

"I'm guessing we're going to do pretty similar but maybe with a couple fewer medals. We had home court advantage in Vancouver and we might suffer some of the consequences in Russia."

Taylor Reiley, 19, student, Saskatoon

"There are a few more events this year that Canada is quite good at in the X Games ... there's still another week or more to go in the Olympics and they already have nine medals … so I think they probably could achieve a new record."

Raymond Mike, 47, unemployed, Regina

"I really think we'll do better this year. Last night we were already getting a few gold medals and there's still a week to go."

Blacksmithing course picks up in popularity

Logan Regier participates in the introductory blacksmithing course at the Western Development Museum. JACOB MORGAN/METRO

An age-old tradition is attracting a sold-out crowd.

The Western Development Museum in Saskatoon offers a blacksmithing course four times a year and there is a wait list for every session.

Sean Garret, a 28-year-old from Saskatoon, was in the class over the weekend and said it's satisfying to fire up the forge and shape a piece of heavy metal.

"It's part of our heritage and it's just so cool," said Garret. "You make something out of nothing."

He added that this was the only program of its kind offered on a regular basis he could find in the area without having to travel to the United States.

"I was looking online for anywhere that was teaching blacksmithing and the only other place that popped up was in Montana," said Garret. "So finding out there was one here was great and convenient."

And the appeal of getting back in black appears to span generations.

One participant, who inherited a setup of antique equipment from his grandfather, said there has always been a craftsman-like aspect to the trade.

"There wasn't time or money to have any sort of recreational pursuits, so his blacksmith shop became his rec room," said Bruce Laing, 59.

"When he wasn't actually fixing pieces of farm equipment, he would make frivolous things once in a while just to experiment."

The course began in 1988 and founder Rick Dixon said the WDM's five forges include original parts from the early 20th century.

"We're preserving the process, not just the equipment," said Dixon.

Education assistant at the WDM Kristine Flynn added it's the most popular course at the museum and available spots often fill up far in advance.

"I'm already telling people they're going to have to wait for next year," said Flynn.

JACOB MORGAN/METRO

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Pilot sentenced in fatal hang-gliding accident

British Columbia. Father of woman who died in tandem hang-gliding accident calls five-month sentence too light

Veteran hang-glider pilot William Jon Orders, 51, has been sentenced to five months in jail for causing the death of 28-year-old Lenami Godinez-Avila, who plummeted 300 metres from a hang-glider shortly after taking off for a flight across B.C.'s Fraser Valley on April 28, 2012.

The Chilliwack court heard Orders didn't hook Godinez-Avila to the glider and also failed to conduct a required safety check before launching.

William Jon Orders THE CANADIAN PRESS

After he landed, he swallowed a memory card containing a video of the incident.

Quoted

"I don't think any father in the world — any parent — would stand for this situation."

Miguel Godinez, father of Lenami Godinez-Avila

Had Orders performed those safety checks, Godinez-Avila's family would have been spared the heartbreak they now endure, said B.C. Supreme Court Judge Brian Joyce.

During a court hearing last Friday, Orders had pleaded guilty to criminal negligence.

The sentence includes three years of probation, during which Orders will be prohibited from hang-gliding and must educate others about what happened.

Godinez-Avila was from Mexico. She was working for B.C.'s Environment Ministry while studying at the University of British Columbia.

Her father, Miguel Godinez, who was in court to watch the proceedings, said the sentence didn't go far enough. "I don't think any father in the world — any parent — would stand for this situation," he told reporters outside the courthouse.

Orders was also charged with obstruction of justice for swallowing the memory card, but the charge was stayed by the Crown.

THE CANADIAN PRESS

Algeria. Military plane crashes into mountain, killing passengers and crew

Algeria's Ministry of Defence says a military transport plane crashed into a mountain in eastern Algeria on Tuesday. Of the 74 passengers and four crew members, 77 were killed and only one man survived.

The U.S.-built C-130 Hercules crashed at about noon near the town of Ain Kercha, southeast of Constantine, the main city in eastern Algeria.

After radio and radar contact with the flight was lost at 11:37 a.m. local time, three helicopters were sent to find the plane. The ministry said it had slammed into Mount Fortas, 50 kilometres from the flight's destination city of Constantine.

"Unfavourable weather conditions and storms accompanied by snow in the region were behind the crash," the ministry said in a statement.

Civil defence officials at the scene said the plane broke into three parts at the snowy crash site and women and children, presumably from military families, were among the dead.

The lone survivor, a soldier, suffered head injuries and was treated at a nearby military facility before being flown to the military hospital in the capital of Algiers, a retired intelligence officer said. He spoke on condition of anonymity because he was not authorized to speak to the press.

Military transports in Algeria routinely carry not only soldiers but military families visiting the army bases. The plane had taken off from the southern Saharan city of Tamanrasset, which has a massive military presence due to its proximity to the country's unstable southern borders.

The presidency announced a three-day period of mourning, calling the soldiers who had died "martyrs for the country."

THE ASSOCIATED PRESS

Similar crashes

In other crashes involving similar planes, six people died in November 2012 when an Algerian Air Force C-130 crashed into a hillside in France, according to the Aviation Safety Network's database.

- 10 people also died in 2003 when an Algerian Air Force C-130 crashed after an engine caught fire shortly after its take off from an air base near Boufarik, Algeria, according to the database.

An Algerian military transport plane is pictured after it slammed into a mountain in the country's rugged eastern region on Tuesday. MOHAMED ALI/THE ASSOCIATED PRESS

Gay rights

Gay teen achieves Eagle Scout rank

Only a few weeks after the Scouts lifted a ban on gay youth, an openly-gay Maryland teen has achieved the highest rank of Eagle Scout. On Monday night, Boy Scout Troop 52 gave Pascal Tessier a sustained applause when the scoutmaster announced the 17-year-old was officially an Eagle.

After a vote last year, the policy changed Jan. 1 to include all boys, regardless of sexual orientation.

THE ASSOCIATED PRESS

Church of England

Women closer to becoming bishops

The Church of England's national assembly has approved fast-track legislation which could see the first woman selected as a bishop by the end of the year.

Two years ago, the General Synod failed to pass such legislation by just six votes. THE ASSOCIATED PRESS

Saudi Arabia

Saudi man gets 10 years in prison for protesting

A Saudi Press Agency reported Monday that a man was found guilty of "disobeying the ruler" for taking part in anti-government protests. The court ruled that the Saudi man violated an article of the law related to Internet crimes, "inciting chaos" by disseminating photos of the demonstrations online and to satellite TV stations.

THE ASSOCIATED PRESS

Germany

Zoo polar bear dies after swallowing clothing

A Stuttgart zoo says one of its polar bears has died after apparently swallowing a jacket or bag dropped into his enclosure by a visitor.

The 25-year-old bear named Anton died early Monday of severe intestinal injuries. THE ASSOCIATED PRESS

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The budget: Six things to know

Along with freezing operating budgets and vowing a surplus by next year, Tuesday's federal budget delivered a grab bag of initiatives. Here's six you should know about.

GEOFF MATTHEWS AND TREVOR GREENWAY
Metro in Ottawa

1 The Canada Job Grant

Canadian businesses looking to hire and train underemployed or unemployed workers will get a hand from the top, as the 2014 federal budget will launch the Canada Job Grant, giving businesses up to $15,000 per worker for training costs.

2 First Nations education reform

The federal government will inject $1.9 billion over the next five years to reform the on-reserve education system to give First Nations communities education "comparable to provincial and territorial school systems."

3 Ending 'price discrimination'

Finance Minister Jim Flaherty says he is going after companies that charge higher prices for goods sold in Canada than they do in the U.S. "The Government intends to introduce legislation to address price discrimination that is not justified by higher operating costs in Canada," said the budget tabled by the minister.

4 Where there's smoke, there's additional taxes

Smokers will pay 50 cents more a pack, effective immediately, as the government moves to reduce tobacco consumption. The move is expected to generate an additional $96 million for the federal treasury in the current fiscal year. The federal excise tax will rise from $17 to $21.03 a carton.

5 Beefing up our food-safety system

Government will inject $390 million over the next five years into Canada's food safety system. The cash will go into hiring inspectors and to create a country-wide information system for authorities to respond quickly to food-safety risks.

6 Canada online: Aiming for 'near universal access'

The government says high-speed broadband networks should be available to virtually all Canadians within five years. In his budget, Flaherty said access to reliable networks is part of everyday life for Canadians, and promised $305 million over the next five years, to provide service to 280,000 more households.

Lululemon squeezing customers into 'unfair' philosophy: Study

People walk inside a Lululemon Athletica store in Miami late last year. Researchers from King's University College suggest the retailer is pushing a "deeply unfair" political philosophy that blames individuals for things they're not in control of. JOE RAEDLE/GETTY IMAGES

Making customers feel bad about their lives may be the secret to Lululemon's success at squeezing thousands into stretchy pants, argues research from an Ontario university.

The Canadian yoga retailer's manifesto, emblazoned on its bags with messages like "stress is related to 99 per cent of illness" and "this is not your practice life," helps sell athletic wear by promoting a philosophy that blames people if their lives aren't fabulous, according to the paper published in the Canadian Review of Sociology in January.

The political philosophy emphasizes individuals and personal responsibility, said co-author Christine Lavrence, professor at King's University College. While that might not seem bad, it can be "deeply unfair" by blaming people for things they're not in control of — say, a person with an illness or a single mother that sacrifices career advancement to care for her children, Lavrence said.

Lavrence and co-author Prof. Kristin Lozanski questioned how the "hugely successful piece of Canadian pop culture" managed to resonate so deeply with consumers.

Lululemon shrugged

Lululemon has stood by its political stances in the past.

- It famously stirred controversy by using bags quoting Ayn Rand, a philosopher popular with libertarians and American conservatives.

After studying retail locations across the country and analyzing the corporation's mission statement, the professors found Lululemon actively pushes a philosophy in a unique way.

"They make nice yoga clothes, they've got nice bags, but they're promoting a very specific political ideology," Lozanski said.

The researchers were critical of the message that mediocrity leads to a "lousy life," as it puts even more pressure on people in a success-obsessed society. Lozanski hopes the research will encourage people to rethink individualism and the way society makes individuals feel fully responsible for success and failure.

EMILY JACKSON/METRO IN VANCOUVER

China. Canadian killed by bird flu may have caught it at illegal poultry market

Canada's first H5N1 flu patient may have contracted the bird flu virus passing through or near an illegal live bird market in Beijing, Chinese scientists have suggested.

And Canadian researchers have published a report on the full genetic sequence of virus taken from the Alberta woman, who died in early January after returning from a three-week trip to her native China.

The source of the woman's infection has been a mystery. She spent her entire trip in Beijing, where H5N1 reportedly hasn't been discovered for some time. Now scientists from Beijing's Center for Disease Prevention and Control have hypothesized that the woman may have contracted the virus by walking through or near market stalls that surreptitiously sell live poultry.

Beijing banned live poultry markets in 2005. But an illegal trade in live birds continues in the city, the authors said in a letter to Journal of Infection.

"Although the Beijing government makes efforts to ban the illegal dealing of live poultry, this selling mode consistently exists as many Chinese people prefer live poultry to fresh poultry in light of their culture of consumption," said the authors. THE CANADIAN PRESS

A woman buys chicken at a market in Beijing in 2009. Chinese researchers are suggesting Canada's first H5N1 flu patient may have contracted the bird flu virus passing near an illegal live bird market in Beijing. ANDY WONG/THE ASSOCIATED PRESS

Canada's ski jumpers join in historic Olympic debut

Kim and Steve Henrich just wanted their daughter to take off clean and land in style. All the rest didn't matter so much.

After all, Calgary's Taylor Henrich had already helped make history at the Sochi Games just by being invited to compete.

Henrich, 18, was among an international field of 30 female ski-jumpers taking part in the Olympic debut of their sport Tuesday, one that came after years of controversy. In 2009, The Supreme Court of Canada denied an appeal to have the ladies compete in the 2010 Vancouver spectacle.

Kim and Steve weren't able to make it to Sochi to take in their daughter's moment to shine on the world stage, so they organized a viewing party at the Calgary Winter Club. The nerves were high at first: Kim admitted she struggled to watch as Taylor rocketed down the 90-metre take-off ramp.

In the end, she wound up 13th, just one spot behind fellow Calgary jumper Atsuko Tanaka, the only other Canadian competing in the event.

"Taylor is really phenomenal," Kim said after the excitement slowed. "She's not a kid anymore ... she always put her best effort into anything she does. I'm really proud of her."

Kim and Steve Henrich held a party for their daughter Taylor, taking part in the first Olympic women's ski-jumping event. JEREMY NOLAIS/METRO IN CALGARY

In all likelihood, the women's event will stay on the Olympic program into the 2018 Games. Steve said he would like to see a 120-metre hill and a team event added for women — the men already compete in three disciplines.

It's not clear, however, if Taylor will take flight again at a future Games.

"This is the pinnacle for her," Steve said. "At this point, she can step up or step out and she has to decide what she wants to do. It's good that she and her teammates got to this point."

Tanaka, meanwhile, told reporters in Sochi that the mood was light among the competitors, despite the stakes being high.

"I was just really having fun up there with all the girls. We were high-fiving each other, wishing each other good luck," she said. "It was a great atmosphere to be jumping in.

"It would have been cool if I got to have a medal around my neck but it didn't happen that way. I gave it everything I had so I'm just happy with everything that happened today." JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

Olympian in court

Girlfriend's mother to attend Pistorius trial

The mother of Oscar Pistorius' slain girlfriend will attend the double-amputee Olympian's murder trial next month to get "closure," Reeva Steenkamp's family said on Tuesday.

Steenkamp's immediate family members never attended Pistorius' past court dates. THE ASSOCIATED PRESS

Novice hockey

Parents, coaches brawl, kids watch

A North Dakota minor hockey official says police were called to a game of two Winnipeg teams last weekend.

Mike Prochnow says a player's mother followed an opposing coach to a locker room, sparking a brawl in front of seven- and eight-year-old players. No charges were laid. THE CANADIAN PRESS

Olympic spirits. In the midst of it all, a cemetery

Stadiums, the Olympic torch, food stalls — what else can you expect to see in an Olympic park? In Sochi: a cemetery.

A small graveyard of Old Believers, a purist sect that branched out of the Russian Orthodox during the 17th century, is smack in the middle of Olympic Park in Sochi. It goes completely unnoticed by passers-by who walk along a round plot of land surrounded by a tinted glass fence and lined with almost identical and impenetrable fir trees.

Guarding the entrance to the cemetery are four police officers from Moscow and a police van.

"Why should we, Russians, bother?" said one, who wouldn't give his name when approached. "We always turn a funeral into a wedding."

Before construction for the Sochi Games began in the Imeretinskaya Valley, the area that is now Olympic Park was home to a community of Old Believers, with a cemetery next to it. The Old Believers have been relocated to a village nearby, but they insisted on leaving the graves of their forebears intact.

The cemetery has been open for a century, the Sochi organizing committee's chief, Dmitry Chernyshenko, said last year. He said not moving it was a necessary concession to the community.

Most spectators who come to see Olympic competitions pass the tree-lined circle unaware of what is inside it. Many say see nothing wrong with preserving the place of eternal rest amid the Olympic festivities.

"The most important thing is that they kept it," said Nadezhda Muizhezemnik. "One should treat death calmly. We will all have to go through it." THE ASSOCIATED PRESS

RUSSIA'S ANTI-GAY STANCE HAS SPOILED THE SOCHI OLYMPICS

ANGELA MULLINS
Managing editor
for Metro in London, Ont.
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It's Sochi day six and I haven't watched a minute.

I know it's hard to believe, but I've missed all the action by choice. The Olympics are, after all, one thing that most everyone in the world can agree to love.

Generally speaking, I love them too.

I marvel at the athletes' iron will. After the 2008 Summer Games I took faster, higher, stronger to a personal level, starting a workout regiment that has changed and likely saved my life.

One of my first vivid memories is of American gymnast Mary Lou Retton claiming five gold medals at the 1984 Games. I remember her face, grinning from ear to ear, on the front of my cereal box, her perkiness and national pride practically oozing off the cardboard.

I wanted to know her, to live part of her story. More importantly, I wanted to be her.

Too close to home

The atmosphere in Sochi has left me angry and, quite frankly, hurt.... I have no option but to sit these Games out.

But this year will bring no such motivation or inspiration. The atmosphere in Sochi has left me angry and, quite frankly, hurt.

I don't feel part of these Games. In fact, I feel quite the opposite: asked by the host to either bow out or keep quiet.

See, my problem is with all this "anti-gay stuff," as a prominent member of the International Olympic Committee put it so eloquently recently.

As millions openly bask in the glow of Russia's shiny new stadiums, many nearby are being forced to live anything but an open life.

I used to be one of those people, and the memories, though more than a decade old, are still too raw for me to face.

Trust me, I did anything but run out of my closet waiving a rainbow flag. I grew up in a conservative family in small-town America, where it was barely acceptable to be black in the '90s, much less gay.

When I eventually told my parents I was dating a woman, now my wife, the rejection was immediate.

It hurts to be told that something as basic as who you love is wrong, much less that you could be jailed as a result. It's a pain that dulls over time, but it never goes away no matter how much you laugh or how much you cry.

For me, the Sochi Games are and always will be automatically linked to Russia's attack on human rights. Even watching from afar scratches too many old personal wounds and comes closer than I dare to supporting something so innately wrong.

So, that's it. I have no option but to sit these Games out.

The politics have simply hit too close to home this time and it's something I just have to accept, like it or not.

Activists smuggling stray dogs out of Sochi

Animal activist Igor Airapetian carries a stray dog brought out of Sochi by a fellow activist at a rendezvous point in Tuapse, Russia, 120 kilometres away from the Olympic area on Tuesday. Airapetian is one of a dozen people in the emerging movement of animal activists in Sochi alarmed by reports that the city has contracted the killing of thousands of stray dogs before and during the Olympic Games. DAVID GOLDMAN/THE ASSOCIATED PRESS

Americans go whole hog for bacon festivals

'Pigging out'.
1.5 billion pounds of smoked and cured pig meat is eaten in the U.S. every single year

Hungry yet? A bacon, lettuce and tomato sandwich made with an entire pound of bacon at the Tropicana Casino and Resort in Atlantic City, N.J. THE ASSOCIATED PRESS

Get ready for bacon like you've never eaten, drunk or worn it before.

Bacon milkshakes. Chocolate-covered bacon shaped like roses. Bacon-flavoured toothpaste, dental floss and lip balm. Bacon bourbon, margaritas, beer and vodka. Bacon ice cream sundaes. A BLT sandwich with a full pound of bacon.

They're all on the menu this week as one Atlantic City casino stretches the bounds of good taste and cardiovascular health with Bacon Week. The festival at the Tropicana Casino and Resort gives new meaning to the term "pigging out."

The idea of a bacon festival is not as far-fetched as it might sound. Americans eat about 1.5 billion pounds of bacon a year, according to the National Pork Board. And the website bacontoday.com counted nearly 30 bacon festivals around the country from late April through December 2013, many of whose tickets sold out in minutes.

THE ASSOCIATED PRESS

For richer, for poorer?
Money issues bigger threat to marriage than cheating

The majority of both men and women say they're the boss at home when it comes to making big decisions on their retirement, and they also blame each other for spending more than saving, a new report shows.

BMO's fourth annual Valentine's Day RRSP study wasn't terribly romantic, with conflict over finances identified as the top potential threat to a happy marriage — even over infidelity.

And it turns out most Canadian couples are not on the same page in terms of who they feel is the lead decision maker on retirement planning issues.

The study found that men in a relationship are twice as likely to consider themselves the key decision maker on retirement-related issues compared to their partner (41 per cent think they are the boss, 15 per cent think their partner runs the show).

However, women are also more apt to see themselves as top dog at home when planning for their golden years as opposed to their partner (32 per cent think they are the boss, 19 per cent think their partner is).

"If both partners in a relationship feel they're calling the shots and they have different views, then there's going to be conflict at some point down the road," cautions Chris Buttigieg, BMO Financial Group's senior manager of wealth planning.

TORSTAR NEWS SERVICE

Happy Valentine's Day

- Guys in a relationship are twice as likely to consider themselves better savers (42 per cent) over their partner (19 per cent).
- Women too are twice as likely, at 44 per cent, to figure they put more emphasis on saving while 21 per cent point to their spouse as the better nest egg builder, the survey shows.

NSA leaks

Technology firms urge changes to U.S. spying

A coalition of America's leading technology firms is urging changes in the government's spying programs.

It's pressing for more limits on collections of Americans' data, greater oversight and transparency. The action was part of a day of protests against the Obama administration's surveillance policies Tuesday. THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.77¢ (+0.31¢)

TSX 13,880.99 (+86.81)

OIL $99.94 US (-$0.12)

GOLD $1,289.80 US (+$15.10)

Natural gas: $4.92 US (+$0.29)
Dow Jones: 15,994.77 (+192.98)

THE PROBLEM(S) WITH PARENTS

JUST SAYIN'

Mike Benhaim
metronews.ca

Having children changes people. Often for the better, but we all know at least one couple that has gone completely overboard. Whether they're overprotective, insanely health-conscious, educationally obsessed or they want to breastfeed until the kid is in his teens, we can all agree that they freak the rest of us out.

I'm not sure when the co-sleeping fad began, but the theory that keeping a newborn close after birth might ease their separation anxiety seems plausible enough. Then, some took it a step too far and decided that a baby should be immediately held and only released into the arms of the other parent and back for an extended part of their infancy. This includes sleeping and bathing with the child. No independent bedroom. No crib. Perpetual togetherness.

Hey, why stop there? Why not leave the umbilical cord until it falls off and you have it bronzed and turned into a bracelet that the child can wear as a reminder of this glorious eternal connection? No, that would be weird.

And how about mastication? We all do it, but some parents believe in pre-masticating. In 2012, Alicia Silverstone posted a video on her mommy blog of her chewing food and then inserting it DIRECTLY from her mouth into that of her one-year-old.

Silverstone's response to public outcry was that it was perfectly normal and people have been doing it for thousands of years, and she's right. Those people are called birds. In fairness though, it's not like she was planning on doing that forever. Eventually, she'll spit into a bowl or something. I mean, the kid's gotta learn to use a spoon sometime, right?

The vegan even had the audacity to proclaim, "Just had a delicious breakfast of miso soup, collards and radish... yum! Fed Bear a bit from my mouth to his. It's his favourite and mine."

Mmmm. That certainly does sound delicious. And imagine the preschool conversation.

"What'cha got? Apple sauce?"

"Nah, steamed radish and kale. Pre-chewed. Trade you for that Twinkie?"

But who are we to judge? Perhaps children should be free to adjust at their own pace without the stress of sleeping and bathing in companionless isolation. Is it fair to prematurely pressure a child to learn to use a toilet? Or walk, or chew, or deal with a world full of... spontaneity? Why? So they can cope? You show me a person who copes, and I'll show you someone who probably doesn't call their mother often enough. Is that the kind of person with whom you want your child sharing the world?

All sarcasm aside, there is a fine line between not doing enough for your children, and doing way too much.

In the immortal words of Pink Floyd on The Wall, "Mother, did it need to be so high?"

Mike is filling in for Paul Sullivan, who will return next week.

ZOOM

Winter Olympics a.k.a. Warm Olympics

LUCA BRUNO/THE ASSOCIATED PRESS

Mountain sports affected by weather

The forecast for the next day's temperature is reflected in the ski goggles of a volunteer at the Sochi 2014 Winter Olympics Tuesday in Krasnaya Polyana, Russia. Warm temperatures in the mountains made the snow too soft and caused the cancellation of women's downhill training on Tuesday.

THE ASSOCIATED PRESS

Athletes trying to chill out on the runs

Cross-country skiers are looking for the right wax to cut through the mush. Jumpers are trying to land in snow that's way too soft. Freestyle skiers and snowboarders are bailing out of their best tricks on courses that are melting under the Sochi sun. Temperatures climbed well above 10 C even on the highest hills.

THE ASSOCIATED PRESS

What's in the past

- Four years ago, too-warm, too-wet weather in Whistler delayed the start of racing.
- At Turin in 2006, the women's super-G was postponed 24 hours, and the combined event was split over two days.
- Skiing at Nagano in 1998 waited for two days, and officials shoehorned nine races into 10 days.
- At Sarajevo in 1984, both downhills were postponed.
- And the last pre-Olympic World Cup weekend for Alpine skiing shared a similar fate.

Clickbait

LUKE SIMCOE
Metro Online

With its sudden removal from the Android and iOS app stores over the weekend, Flappy Bird appears to have flown into its final pipe. Fortunately, like everything popular that disappears from the Internet, the beloved — if slightly masochistic — game has returned ... in clone form! Minutes after the game was pulled by its Vietnamese developer, app stores were flooded by thinly-veiled imitations. We here at Metro played some of them, so that you don't have to.

CONTRIBUTED

IronPants:

It's exactly like Flappy Bird, if you replaced the bird with a caped superhero and the pipes with boxes! It's one of the more polished clones, so expect it to fare well.

Cute Tiny Birds:

Guide a bird that looks like Toucan Sam on a quest to snag rings that suspiciously resemble Froot Loops. Get it quick before Kellogg's sues it out of existence.

Flappy Doge:

If you don't have an Android or Apple device but still want to deflate your self-esteem, you can always try Flappy Doge. The browser-based game replaces the titular bird with everyone's favourite memetic Shiba Inu.

Fly Birdie:

If Flappy Bird was too difficult for you (so, basically everyone), try Fly Birdie. The game works on the same principle, except the space between the maddening pipes is vastly increased.

Twitter

@metropicks asked: Don't break up on Valentine's Day, or ignore the holiday, says @MetroSheSays. What's another V-Day faux pas?

@twharding: don't propose. Save that for a different day so it's more special.

@thingleaderof5: don't break up BEFORE Valentine's day, to be with your new "one". Trust me, it sucks.

Follow @metropicks and take part in our daily poll.

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metro

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New RoboCop winks at dystopian original

Swedish actor Joel Kinnaman stars as the new RoboCop. CONTRIBUTED

Back to the future. IMAX remake of RoboCop plays up realism foretold by 1987 original

IN FOCUS
Richard Crouse
scene@metronews.ca

If the original RoboCop movie is any indication, sometimes life does imitate art.

The 1987 film shows a crime-ridden and financially ruined Detroit turning to a part-human, part-robot cop to police the streets. As far as I know, no cyborgs have ever patrolled the neighbourhoods of Motor City, but 27 years after the movie hit theatres, Michigan's most populous city declared Chapter Nine, becoming the largest municipal bankruptcy filing in U.S. history.

Prescient? Perhaps.

Fosterwealth.com wrote, "With Detroit's bankruptcy, we've seen much of RoboCop come to pass," while screenwriter Ed Neumeier remembers a note written in the margin of his copy of the script, "The future left Detroit behind."

The writer also told CNN, "We are now living in the world that I was proposing in RoboCop."

The original Peter Weller movie lived at the centre of popular culture when it came out, spawning two sequels, a television series, two animated shows, a mini-series, video games and several comic books.

And today RoboCop is still a going concern.

Later this year a 10-foot-tall tribute statue will be unveiled in Detroit and this week a remake will become the first RoboCop movie to be released in IMAX.

The new RoboCop is an all-star affair, with Swedish star Joel Kinnaman as the title character and appearances from Gary Oldman, Michael Keaton, Samuel L. Jackson and Jay Baruchel. Just don't expect a straight-up copy. "I'm not trying to remake RoboCop," says director José Padilha, "because I don't think RoboCop is remakeable."

Instead, Kinnaman says, the new film will be "realistic," and "will have a satirical quality... It's going to have that wink in the eye, but we're not looking to replicate the [original director Paul] Verhoeven tone."

The one thing the two films have in common for sure is that while both are set in Detroit, neither used the city as the principal shooting location. Verhoeven filmed his movie in Pennsylvania and Texas whereas the new movie was lensed mainly in Toronto and Vancouver.

Fresh take

"I'm not trying to remake RoboCop, because I don't think RoboCop is remake-able."
Director José Padilha

Film hits the fan

RoboCop busts a moviegoer

Another incident illustrates how the film aided real life law enforcement… at least once.

A robbery suspect/movie fan in Sacramento, Calif., tried to elude police by hiding out in a movie theatre showing RoboCop. He became so immersed in the film he didn't notice the cops evacuating the audience, leaving him alone and busted when the lights came on.

Action

RoboCop

Director. José Padilha

It's 2028 and conglomerate OmniCorp is at the centre of robot technology. Overseas, their drones have been used by the military for years, and it's meant billions for OmniCorp's bottom line. Now OmniCorp wants to bring their controversial technology to the home front, and they see a golden opportunity to do it. When Alex Murphy (Joel Kinnaman) — a husband, father and good cop doing his best to stem the tide of crime and corruption in Detroit — is critically injured in the line of duty, OmniCorp sees their chance to build a part-man, part-robot police officer.

Rotten Tomatoes™ score

Critics:	Audience:
52%	97%

Obituary

Iconic child star of 1930s dies at 85

Shirley Temple GETTY IMAGES

Shirley Temple, the dimpled, curly-haired child star who sang, danced, sobbed and grinned her way into the hearts of Depression-era moviegoers, has died, according to publicist Cheryl Kagan. She was 85.

Temple, known in private life as Shirley Temple Black, died Monday night at about 11 p.m. at her home near San Francisco. She was surrounded by family members and caregivers, Kagan said.

A talented and ultra-adorable entertainer, Shirley Temple was America's top box-office draw from 1935 to 1938, a record no other child star has come near. She beat out such grown-ups as Clark Gable, Bing Crosby, Robert Taylor, Gary Cooper and Joan Crawford. THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Rosie Huntington-Whiteley ALL PHOTOS GETTY IMAGES

Is it ring-around-the-Rosie time for Victoria's Secret model and Jason Statham?

Rosie Huntington-Whiteley is sure excited about something coming up with boyfriend Jason Statham, although she won't go into specifics — but that's not stopping others from speculating that there might be a summer wedding planned for the pair. "There are a few things in my personal life that are very exciting that I probably can't elaborate on," she tells the Sunday Times in an otherwise quite candid interview. "I think the longer you are together, the more you look out for each other, the more you become invested in each others' lives," she says. "We really are a team. We are deeply connected. We are best mates and it's a beautiful thing. I feel truly lucky. He's a warm spirit."

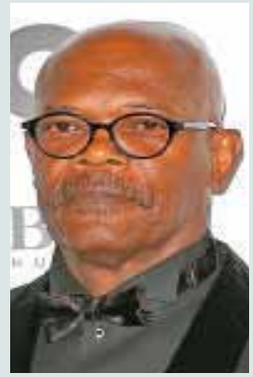
Miley Cyrus

Miley is over Hollywood Hills and for ready for the high-rise life

Miley Cyrus is reportedly considering ditching the Hollywood Hills lifestyle in favour of a high-rise condo in downtown Los Angeles, according to Star magazine. "Miley's security situation has been a massive issue for the last year. She would like to come and go as she pleases and feel safe alone in her home, and that just isn't happening with her current house," a source says. "She's thinking of buying a condo in a downtown L.A. high-rise instead of continue to deal with stalkers and lunatics trying to break into her hillside home at all hours of the day."

The Word

It's not all the same to Jackson when reporter mistakes him for Fishburne



A Los Angeles newscaster apologized to Samuel L. Jackson for confusing him with fellow actor Laurence Fishburne during a live TV interview.

KTLA entertainment reporter Sam Rubin was interviewing Jackson on Monday about the film RoboCop when he asked the actor if he'd gotten a lot of reaction to his recent Super Bowl commercial.

When Jackson asked, "What Super Bowl commercial?" Rubin realized his mistake and began to apologize. But it was too late.

"You're as crazy as the people on Twitter," an animated Jackson, who was doing the interview by satellite from Atlanta, told Rubin. "I'm not Laurence Fishburne. We don't all look alike. We may be all black and famous but we don't all look alike."

As Rubin, who is white, tried to apologize, a smiling Jackson went on at length, listing various black actors and their commercials. Video of the exchange quickly went viral.

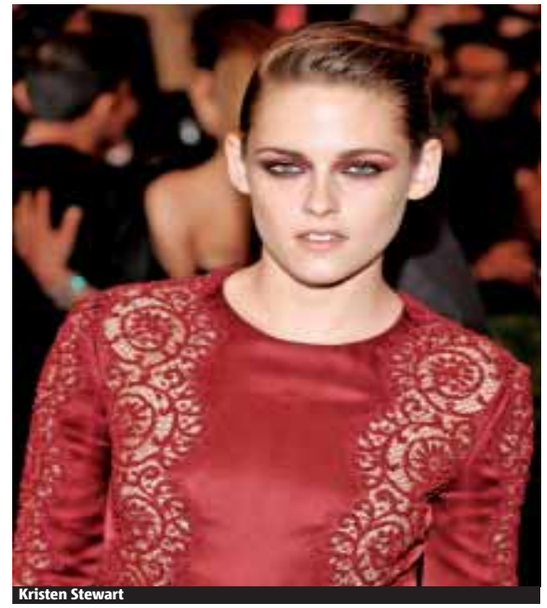
"I'm the 'What's in Your Wallet,' black guy," he said of his own commercial for a credit-card company. "He's the car black guy. Morgan Freeman is the other credit-card black guy. You only hear his voice, though, so you probably won't confuse him with Laurence Fishburne."

Fishburne, as the character Morpheus from the Matrix movies, appeared in the Super Bowl commercial for Kia automobiles.

The pair eventually got back to talking about RoboCop, with Jackson telling Rubin how highly he regards Michael Keaton and Gary Oldman, who appear in the film with him.

"You do know who they all are though, right?" he teased. "Just in case they have some of them on the show. Do some work. Do some research. Make sure you don't confuse them with those other white actors."

THE ASSOCIATED PRESS



Kristen Stewart

Director's love may still brew but for K-Stew the affair is through

After the affair between Kristen Stewart and her married Snow White and the Huntsman director, Rupert Sanders, went public in the summer of 2012, they each apologized to their significant others and went their separate ways — or so it seemed.

"They are still in contact, and incredibly Rupert is still hoping for a future together. But Kristen has come to her senses and doesn't want to damage her image more," a source tells Radar Online.

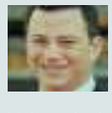
"Even though he has admitted to everyone in his life that the long-brewing affair was a terrible idea, he still hasn't been able to get over his feelings for Kristen. He fell in love with her a long time before he laid a finger on her, and he's finding it difficult to shake."

While Stewart has since parted ways with then-boyfriend Robert Pattinson and Sanders was hit with divorce papers by wife Liberty Ross, a reunion doesn't seem likely, despite what Sanders might want.

"Rupert, against all better judgment, still holds out hope that he and Kristen can get things going again, but he's completely deluded," the source explains.

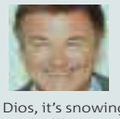
"She would never put her career on the line like that again."

Twitter



@jimmykimmel

It's so cute Matt Damon thinks anybody cares what he has to say



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Dip your toe into Africa

Namibia. Try a road trip, hiking up sand dunes or a four-wheeler adventure in this southwestern African nation

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The hike up the dune nicknamed Big Daddy, in Namib-Naukluft National Park, is a three-hour fitness challenge. ANDREW JOHN VIRTUE DOBSON/FOR METRO

Europeans have been keeping this a secret. For years they have quietly been adventuring through Namibia, renting cars and hitting the road in search of an Africa that still seems untouched by the tourist hordes that descend on destinations like South Africa and Tanzania. Those looking to plan the ultimate African road trip will find an affordable and safe adventure here.

The mighty dunes of Sossusvlei

One of Namibia's star tourist attractions can be found in the Namib-Naukluft National Park. Photography fans will need to ready themselves for the jaw dropping views of Sossusvlei, a huge clay area enclosed by giant sand dunes. A real fitness challenge for any visitor is the three-hour hike up Big Daddy, a sand dune considered to be the world's tallest, towering 380 metres above the landscape. After you catch your breath, take a few minutes to admire the eerie Deadvlei, where dead trees — some believed to be more than 900 years old — stand silent against the sun-scorched clay landscape.

Exploring the coast

Located on the Atlantic coast, Swakopmund is the breezy beach resort where Angelina Jolie gave birth to her and Brad Pitt's first biological child. While the city offers a few blocks of worthwhile shopping, tourists are mostly here to enjoy the adventures in the nearby countryside.

Thrill seekers can hop on a four-wheeled motorbike and zoom over the boundless expanse of shifting sand dunes. You can spend hours zigzagging through the world's largest sandbox. A quick drive to the south of Swakopmund is Walvis Bay Harbour, where you can hop on a boat trip along the coast. The yachts are chased by enthusiastic pelicans as they make their way to the massive Cape fur seal colony in the region. If you're lucky you'll also spot a few dolphins.

Safari thrills at Etosha National Park

If you want to enjoy the thrill of a quintessential African safari, you will want to add Namibia's crown jewel, Etosha National Park, to your itinerary. Etosha's watering holes, scattered throughout the park's 22,000 square kilometres, are the gathering place for a number of exotic animals, with an estimated 300 lions, 200 rhinos, 2,000 giraffes and 1,500 elephants that call the park home.

A common sight are the dainty springbok. It's estimated more than 30,000 of these brown and white antelope-gazelles can be found prancing about in enormous herds through the park.

About Namibia

Namibia derives its name from the Namib Desert. It stretches 2,000 kilometres from the Orange River in the south to the Kunene in the north. While Namibia is four times the size of the U.K., it is the most sparsely populated country in the world. In the 1800s, Germany used the port town of Swakopmund as its main harbour while colonizing southwest Africa. Namibia's connection to Germany is still present: Air Namibia flies visitors to Windhoek through Frankfurt. Visit airnamibia.aero.

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Get into the Olympic spirit at Whistler

Lots of legacy. The Vancouver Games left behind a host of great venues — now open to tourists looking for a taste of Olympic glory

ON THE MOVE
Loren Christie
life@metronews.ca

Slide the same track that the 2010 Olympians zoomed down at the Whistler Sliding Centre. BC LIVING/FLICKR

With the 2014 Sochi Olympic Games upon us, Whistler — proud co-host of the 2010 Games — is keeping its Olympic legacy alive and well by allowing tourists to follow in the tracks of champions.

The skeleton course at the Whistler Sliding Centre is the fastest and steepest track in the world. I recently took the head first plunge down the icy track; in the final bend my speed clocked in at 95.6 kilometres an hour. It took me 31 seconds to complete, just enough time to be exhilarated and terrified in the same breath. If you are more comfortable with strength in numbers, you can also try out the bobsled in groups of four. Both experiences will cost you $169 plus tax.

The mountains of Whistler Blackcomb offer more than 8,000 acres of skiable terrain, but skiers and boarders shouldn't miss the official alpine venue. The Dave Murray Downhill and Franz's runs on Whistler Mountain were part of both the men and women's alpine events during the 2010 Winter Games. Anyone with a lift ticket can follow in the athletes' tracks; their speeds may be harder to replicate. There are numerous packages available which will save you some money, but count on roughly $100 a day for lift tickets.

Those interested in Nordic skiing are welcome to check out Whistler Olympic Park. The 56 kilometres of public ski trails are groomed for both skate and classical skiers, and range from beginner to bona fide Olympic levels. Entry to the park is $10. With the guidance of an instructor, you can also try your hand at biathlon using a .22 calibre rifle. After doing a skate ski loop, you are given five rounds to fire at a target. Be warned that after some cardio excursion and fresh mountain air, the steady hand and even breathing required to be a straight shooter do not come easily.

For those who prefer to follow in the athletes' footsteps without breaking a sweat, check out Whistler Olympic Plaza. Once the medal ceremonies were finished, the space was converted into an outdoor performance space featuring art celebrating the Games and an outdoor skating rink in the winter months. You can also spend the night in Cheakamus Crossing, site of the Athletes Village, by getting a room in the Hostelling International hostel. Once home to the athletes, it's been converted into an extremely affordable 55-bed hostel.

Bucket List

Swiss Alps can revive the spirit

Weggis, a little town just across the river from Lucerne, Switzerland, is your springboard to 1,800-metre Mount Rigi in the pre-Alps. The town is enjoying a resurgence of its former status as a spa playground in the 1940s, though it's been known for its healing waters since the 16th century (Queen Victoria and Mark Twain were both big fans). Leading the revival is the Rigi Kaltbad Mineral Baths & Spa, built into the mountain. But don't stop there: Head to the very top of the mountain via cogwheel railway to Rigi Kulm and drink in the view, winter or summer. Visit luzern.com/en/rigi.

DOUG WALLACE/METRO

Contest

Show our athletes love

Air Canada is hosting a Rise Up Canada contest, where you can enter to win one of four $500 Air Canada gift cards. With each entry, Canadians increase the value of the gift cards given to all 250 Canadian Olympic athletes. The grand prize is a trip for two to the Summer Games in Rio. Visit riseupcanada.ca.

DOUG WALLACE/METRO

Trend

Ski trip GPS

High tech ski resorts offer GPS systems that not only keep track of your kids, but also your skiing, too. Manage the day's data yourself with a tracking app. Ski Tracks GPS is the most popular, logging distance, speed, altitude, slope angles and more. $0.99 at iTunes and Google Play.

DOUG WALLACE/METRO

How-to

Keep travel expenses down

1. Select the red-eye flight to shave a night — or two — off the hotel bill. 2. Skip the expensive hotel laundry service and Google your nearest laundromat instead. (Bonus: You can pack lighter.) 3. Negotiate a travel plan for your mobile phone. 4. Never ever touch the mini bar. BYOB — just not in your carry-on, please.

DOUG WALLACE/METRO

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Seeking out a field with a focus?

Study up on the specific. Check out six Aboriginal-focused post-secondary programs in Canada

ROSIE HALES
TalentEgg.ca

Picking the right post-secondary program can be a difficult task: you need to choose something you enjoy that will also complement the career path you want to take. Exploring the different options can be really exciting, especially when Canada has so many fantastic options for post-secondary education.

Here are a few programs at different institutions throughout Canada that offer programs with an Aboriginal focus for you to check out.

Alberta

Place: Keyano College
Program: Aboriginal Entrepreneurship

This program was designed to allow individuals working in the Aboriginal business industry to acquire business skills and knowledge without having to relocate to study. Not only does the program foster success, but it promotes business in both the Aboriginal sector and non-Aboriginal sector. If you've got an Alberta high school diploma or the equivalent or you're a mature student of 21 years or older, then you should definitely take the time to apply. Being an entrepreneur is a great way to be self-employed and exercise your own creativity by creating the job you want.

What can I do with this degree?

Become an entrepreneur. You'll be able to create the job you want in the industry you want — sounds perfect, right? Becoming an entrepreneur will give you all the freedom you want and the chance to take responsibility for something of your own creation — a totally rewarding and exciting endeavour.

Go ahead and turn your curiosity into a full-time career. ISTOCK

Nova Scotia

Place: Cape Breton University, cbu.ca
Program: Bachelor of Science Community Studies, Integrative Science

Not to be confused with integrated science, integrative science is the bringing together of scientific knowledges from the indigenous and Western worlds. This is known as Toqwa'tu'kl Kjijitaqnn in the Mi'kmaq language and as "Two-Eyed Seeing" in the words of Mi'kmaw Elder Albert Marshall.

This program allows students to learn to see from the strengths of both indigenous and mainstream scientific knowledge and to use this knowledge to benefit others. Opportunities to learn don't just come from the classroom in this program; soon you'll be learning in labs, outdoors, community workshops and work placements.

What can I do with this degree?

- A career in health care (for example, medical careers such as a doctor, naturopath, dietitian)
- Scientific research
- A career in the Canadian government

Nunavut

Place: Nunavut Arctic College
Program: Inuit Studies Certificate

This program will provide with the opportunities to explore the historical, cultural and contemporary situation of the Inuit. By studying their social, economic and political history, you'll have a better awareness of the aspects of Inuit culture and language. If you're a mature student or hold your Grade 12 high school diploma (or equivalent) then you're all set to apply.

What can I do with this degree?

You can either use this certificate as an additional qualification to your post-secondary education, or you could use it on its own to get a job in a range of many sectors. Here are a few to whet your appetite:

- Teacher or university professor
- Social worker
- Writer

Ontario

Place: Wilfrid Laurier University
Program: Master of Social Work in Aboriginal Field of Study

This is the first Master of Social Work program in Canada that is rooted in indigenous world views and combines this with current social work practice. Upon graduating from this program, you'll have a greater understanding and respect for the traditions and histories of indigenous Canadians. You'll gain firsthand knowledge and experience through teachings from indigenous elders.

What can I do with this degree?

* Social worker
* Journalism
* Outreach program developer

Saskatchewan

Place: First Nations University of Canada
Program: Indian Communication Arts

Calling all budding communication professionals — if you'd like to work in either Aboriginal-specific or mainstream media, public relations or multimedia then this is the program for you. This two-year certificate program may feature courses in Aboriginal history, politics, research, management, past and present communication systems and more. If you're a student in this program then you'll get the chance to participate in a summer institutes for hands-on instruction and internships to help you gain work experience.

What can I do with this degree?

- Communications professional
- Public relations specialist
- Journalist

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Yukon

Place: Yukon College
Program: Native Language Instructor Certificate or Diploma

- If you have command of a native language, then why not consider teaching it? You'll get to work with children and young adults. This program involves practice sessions, group discussions and other activities to develop your teaching skills. Language is a key foundation of a culture, so teaching one is important for transmitting cultural knowledge to future generations.

- **What can I do with this degree?**
- Teacher
- Translator or communicator
- Linguist

DISTRIBUTION ASSISTANT (PART TIME)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing! When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

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Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Feb. 18, 2014.

PLEASE QUOTE: "DISTRIBUTION ASSISTANT (PART TIME) — Saskatoon" in the Subject Line. All submissions will be treated as confidential.

metro

Spoil your sweetie with sugary decadence

Sweet Week. Midway through Metro's Valentine's Day treats series, we indulge in a sophisticated cake

To be classified as chocolate, white chocolate has to have at least 20 per cent cocoa butter. This cake has a secret ingredient, with white chocolate in both the cake and frosting.

1. Cake: Coat a 15-cm (6-inch) cake pan with non-stick cooking spray and lightly flour. Line bottom of pan with parchment, then spray and flour again.

2. In heatproof bowl, melt white chocolate in microwave for 15 seconds, then stir. Repeat until half chocolate is melted.

3. In a large bowl, combine flour, sugar, salt, baking soda, buttermilk and butter. Mix on low speed with electric mixer until all dry ingredients are completely moistened. Stir in melted chocolate.

4. In a clean, dry bowl, beat egg whites and vanilla until stiff peaks form. Gently fold batter into egg whites. Spread evenly in cake pan. Tap on counter to remove any air bubbles.

5. Bake in a 180 C (350 F) oven for 20 to 30 minutes or until toothpick comes out clean (cake does not develop a typical outside skin). Let cool in pan on a rack, then remove from pan.

6. Frosting: In heatproof bowl, melt white chocolate in microwave for 15 seconds, then stir. Repeat until half the chocolate is melted. In a large bowl, beat softened cream cheese until smooth. Gradually beat in melted chocolate. Add butter and vanilla and blend thoroughly until smooth. Ice cooled cake.

7. Top with dark chocolate shavings and maraschino cherries.

Ingredients

Cake
- 85 g (3 oz) white chocolate, chopped
- 300 ml (1 1/4 cups) flour
- 175 ml (3/4 cup) sugar
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) baking soda
- 75 ml (1/3 cup) buttermilk
- 50 ml (1/4 cup) butter, softened
- 4 large egg whites
- 5 ml (1 tsp) vanilla

White Chocolate Frosting
- 125 g (4 oz) white chocolate, chopped
- 125 ml (1/2 cup) cream cheese, softened
- 125 ml (1/2 cup) butter, softened
- 5 ml (1 tsp) vanilla

Topping
- 50 g (1 3/4 oz) dark chocolate shavings
- Maraschino cherries

THE CANADIAN PRESS/ GARY MITCHELL, HEAD CHOCOLATIER, PURDYS CHOCOLATIER, VANCOUVER.

This recipe makes one single-layer cake. THE CANADIAN PRESS

Take the chocolate plunge

DINNER EXPRESS
Emily Richards
food@metronews.ca

Valentine's Day is a time to share with family and friends.

Many of our friends have children so we want the kids to have fun with us, too.

Getting them involved in food preparation — whether it's for dinner or dessert — is a positive experience.

For this recipe, get the kids to help create small skewers of fruit to have with the chocolate sauce.

Inspire them to create their own combinations and enjoy each bite.

Have small bowls for the kids to dip into or spoon out some of the sauce on their plates to enjoy without double dipping!

For an added treat, look for the origins of the cocoa that makes the chocolate.

Examples of popular locations include Venezuela, Cuba, Ecuador and Mexico. Because every country has its own unique terroir, each chocolate varies in intensity of flavour. Similarly, the higher the percentage of cocoa that is present, the deeper or stronger the taste.

The sauce is as delicious drizzled over the fruit and enjoyed with a fork as well.

1. Pierce fruit onto small skewers alternating fruit.

2. In small saucepan, heat milk over medium heat until steaming. Whisk in chocolate and vanilla until chocolate is melted and smooth. Serve with fruit.

This recipe yields 175 mL (3/4 cup) of chocolate sauce. EMILY RICHARDS

Ingredients
- 16 skewers
- 8 fresh strawberries, halved
- 20 large fresh raspberries or blueberries
- 2 bananas, peeled and cut into 8 pieces each

Dark Chocolate Dipping Sauce
- 125 ml (1/2 cup) milk
- 125 g (4 oz) bittersweet chocolate, finely chopped
- 2 ml (1/2 tsp) vanilla

SPORTS 4

Howell-in' for you

Slopestyle skiing. Huntsville, Ont., skier wins gold on strength of dominant first run in final; Quebec's Lamarre claims bronze

On a day when ski slopestyle queen Kaya Turski crashed out after being laid low by a virus, fellow Canadian Dara Howell stepped up and threw down a memorable run.

The dominant performance earned the bubbly 19-year-old from Huntsville, Ont., gold in the inaugural Olympic ski slopestyle competition Tuesday. Quebec City's Kim Lamarre nailed her final run to claim bronze behind American Devin Logan and complete a day of thrills and spills at Rosa Khutor Extreme Park.

Slopestyle is Don Cherry's kind of Olympic sport — rock 'em, sock 'em on skis. It is high-risk, high-reward stuff, combining eye-popping tricks with stomach-cringing crashes.

Turski showed amazing grit in popping her shoulder back on the course after her first fall. And sixth-place Yuki Tsubota of Whistler, B.C., was stretchered off the course and taken to hospital with a suspected jaw injury from a tumbling crash-landing of truly Olympic proportions.

But the day belonged to Howell and her exclamation-point first run in the final.

"At this point in time I think it's one of the most exceptional runs that's ever been done by a girl," said Peter Judge, CEO of the Canadian Freestyle Ski Association and the Canadian freestyle team leader. "Not only the execution of each of the tricks but the overall cleanliness and flow of the tricks, the DD (degree of difficulty). (In) almost every piece of it, she excelled."

Howell's winning run earned a score of 94.20, well ahead of Logan (85.40) and Lamarre (85.00), with the teenager nailing the switch misty mute nine jump (an off-axis full twisting flip) that only she does on the women's circuit.

"I think that's the best run I've ever done in my entire life," said an ecstatic Howell, who was cheered on by a vocal, red-clad pod of family including her parents.

THE CANADIAN PRESS

Quoted

"The course just worked for me today. I could not be happier." Dara Howell

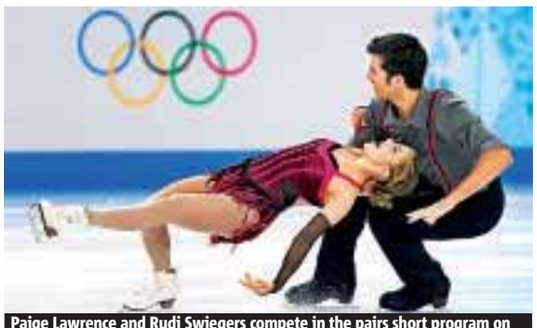
Taking a lickin', but still kickin'

Japan's Chiho Takao needed to be helped off the course at the bottom after crashing in the first qualifying run. Sweden's Emma Dahlström also took a nasty tumble, catching her ski on a rail before hitting it hard with her body and sliding off.

- Amazingly both took their beating and came back for more in a sport that will definitely leave a bruise. Ironically the only mark Howell had was two stitches on her nose, courtesy of knocking over a lamp in her room at the athletes village.

Canada's Dara Howell celebrates after winning the gold medal in women's freestyle skiing slopestyle at the Rosa Khutor Extreme Park on Tuesday in Krasnaya Polyana, Russia. ANDY WONG/THE CANADIAN PRESS

Sask. family at Games with cowbells on



Paige Lawrence and Rudi Swiegers compete in the pairs short program on Day 4 of the Winter Olympics on Tuesday in Sochi. PAUL GILHAM/GETTY IMAGES

Canada's Paige Lawrence and Rudi Swiegers brought a little Vancouver good luck to the Sochi Olympics.

The day before they departed for Sochi, Jon Montgomery's uncle George presented the pairs figure skaters with the cowbell he used to cheer on his nephew during his memorable gold-medal run in skeleton four years ago in Vancouver.

Montgomery didn't make the skeleton team for Sochi.

"It's a big deal, it was a really special moment," Lawrence said of the gift.

Coming up short

13th

Lawrence and Swiegers scored 58.97 to finish 13th after the short program on Tuesday. Fellow Canadians Meagan Duhamel and Eric Radford were fifth.

George lives near the Virden, Man., rink where Lawrence, a Kipling, Sask., native, and Swiegers, from Kennedy, Sask., train. Their practice ends at 11:50 a.m. each day, and George often plays hockey at noon.

"He always comes and stands at the door to the ice and watches a little bit of our practice," Lawrence said. "The day before we came here, we went over and gave him a hug. He said, since Jon isn't going, I want to send this bell that we used when he won the gold.

"And that was really cool."

Lawrence's family was ringing the bell on Tuesday. Her mom Leanne, dad Jim, a former pro bullrider, and brothers Jesse and Dawson are in Sochi to cheer her on.

THE CANADIAN PRESS

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Around Sochi

Fleur-de-lis flurry

Quebec athletes continue to lead the way for Canada in Sochi, with Kim Lamarre's bronze in slopestyle skiing giving the province six of Canada's nine medals. And there's likely more to come, with Charles Hamelin among those looking to up the sum.

Gough just misses

Alex Gough produced the best Canadian Olympic result ever in luge, but don't expect the Calgary slider to be satisfied. Gough was tearful after racing to a fourth-place as Canada still looks for its first Olympic medal in luge.

McDreamy

According to Twitter statistics over a recent 24-hour period, Canada's first medallist is a heart throb on social media. An image of snowboarder Mark McMorris was the most retweeted globally with more than 16,000 retweets and some 30,000 favourites.

THE CANADIAN PRESS

No period of grace for Canada

Team Canada goalies Carey Price and Roberto Luongo talk during practice at the Sochi Winter Olympics on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

Men's hockey. Players put past insurance adversity behind them as they fast forward to their opening game

Patrick Sharp wore hockey gloves, held a hockey stick but didn't have hockey skates on his feet.

Sneakers replaced those for ball hockey walk-throughs at Canada's Olympic orientation camp in August because players weren't insured to skate.

At one time Sharp wondered about the absurdity of the situation.

"You kind of think to yourself, 'Is this really going to pay off come February?' And it does," Sharp said, now with the benefit of hindsight. "Since we've been here, things are happening quick and it seems like we're picking up where we left off in the summertime."

What was a punchline back then in retrospect became one step of Team Canada's journey to Sochi. Only now, after a couple of days of practice at Bolshoy Ice Dome, are players seeing the fruits of that exercise as they prepare to open the Olympic tournament Thursday against Norway.

"We did some drills today that were a little bit of evolution of that," forward John Tavares said. "Just some very basic things in the summer, then you kind of just (get a) refresher and obviously a little bit more intense once you're on the ice."

Tuesday's practice was much more reminiscent of an actual NHL workout than the brief skate Canada got in Monday night several hours after landing.

With only a limited amount of time to turn 25 stars into a team before the games begin, coaches turned immediately to drilling on systems and special teams.

The players are finally able to concentrate on the task at hand in Sochi. For a long time they had to put the Olympics out of mind and worry about their own NHL teams and their own problems.

A night's sleep in the athletes village and a hard-working, hard-learning practice got players into a groove.

"You've got to kind of stop your thinking that, 'Hey, there's Sidney Crosby from the Penguins and (start thinking) 'That's Sidney Crosby from Team Canada,'" Sharp said. "That's the team we're playing for now. We're all together. I think we feel that way now, already in Day 2."

THE CANADIAN PRESS

Women's hockey

Canada faces its arch-rival the United States in their final preliminary round game on Wednesday.

- **Semifinal bound.** Both teams locked up spots in the final four after 2-0 starts.
- **Not holding back.** Players and coaches on both teams insist they won't keep strategy or anything under wraps despite a possible rematch in the medal round.

Curling. Jones, Canada triumph over Sweden

Skip Jennifer Jones curled a perfect game on Tuesday as Canada remained undefeated in round-robin play after a 9-3 victory in eight ends over Sweden in the women's curling tournament at the Sochi Winter Games.

The Winnipeg native made all 16 of her shots as the Canadians got on the board first with two in the second end, and followed that with two more apiece in the fourth and sixth ends. Jones sealed the victory with three in the eighth.

"I never look at the stats, but I felt like we played really well as a team today," said Jones. "The girls just left me some makeable shots and I made them."

Margaretha Sigfridsson and her Swedish rink (1-1) took singles in the third, fifth, and seventh ends.

"We played a good game," Sigfridsson said, "but that is not enough when you play a team that is playing perfect."

The Canadian rink was pleased about its perfect record two days into the tournament.

Canada faces Great Britain in its next match on Wednesday. THE CANADIAN PRESS

Canada skip Jennifer Jones
THE ASSOCIATED PRESS

Men suffer meltdown

Brad Jacobs and Canada lost their second game in a row falling 7-6 to Sweden on Tuesday.

- **Swede Victory.** Skip Niklas Edin won it on the final throw of the match
- **Ohh Canada.** Our team from Sault Ste. Marie fell to 1-2 including Monday's 5-4 upset by Switzerland. Sweden improved to 3-0.

MEDALS

Nation	G	S	B	Tot.
Norway	4	3	4	11
Canada	**4**	**3**	**2**	**9**
Netherlands	3	2	3	8
United States of America	2	1	4	7
Russian Federation	1	3	3	7

WHAT CANADA DID

TUESDAY

BIATHLON

Women's 10 km Pursuit - Zina Kocher, Red Deer, Alta., 25th, (32 minutes, 15.1 seconds, +2 minutes, 44.4 seconds); Megan Imrie, Falcon Lake, Man., 28th, (32:22.7); Rosanna Crawford, Canmore, Alta., 45th, (34:15.6); Megan Heinicke, Prince George, B.C., DNF.

CROSS-COUNTRY SKIING

Ladies' Sprint Free Qualification - x-Perianne Jones, Almonte, Ont., 23rd, (two minutes 38.63 seconds, +6.56 seconds); x-Daria Gaiazova, Banff, Alta., 27th, (2:40.04); Heidi Widmer, Banff, Alta., 43rd, (2:43.36); Chandra Crawford, Canmore, Alta., 44th, (2:43.59).

x- qualified for quarter-final

Ladies' Sprint Free Quarter-finals - Heat 2: Daria Gaiazova, Banff, Alta., 5th, (two minutes 40.45 seconds, +3.44 seconds); **Heat 5:** Perianne Jones, Almonte, Ont., 5th, (2:38.66, +3.79 seconds)

Ladies's Sprint Free Final Ranking: Perianne Jones, Almonte, Ont., 23rd; Daria Gaiazova, Banff, Alta., 25th; Heidi Widmer, Banff, Alta., 43rd; Chandra Crawford, Canmore, Alta., 44th.

Men's Sprint Free Qualification - x-Alex Harvey, St-Ferreol-les-neiges, Que., 19th, (three minutes, 36.08 seconds, +7.73 seconds); Len Valjas, Toronto, 36th, (3:39.87); Jesse Cockney, Canmore, Alta., 53rd, (3:44.36); Devon Kershaw, Sudbury, Ont., 56th, (3:45.77)

x- qualified for quarter-final

Men's Sprint Free Quarter-finals - Heat 4: Alex Harvey, St-Ferreol-les-neiges, Que., 4th, (three minutes, 37.89 minutes, +1.75 seconds).

Men's Sprint Free Final Ranking: Alex Harvey, St-Ferreol-les-neiges, Que., 19th; Len Valjas, Toronto, 36th; Jesse Cockney, Canmore, Alta., 53rd; Devon Kershaw, Sudbury, Ont., 56th

CURLING

Women's Round Robin - Canada 9 Sweden 3

Men's Round Robin - Sweden 7 Canada 6

FIGURE SKATING

Pairs Short Program - x-Meagan Duhamel (Lively, Ont.) and Eric Radford (Balmertown, Ont.), 5th, (72.21); x-Kirsten Moore-Towers (St. Catharines, Ont.) and Dylan Moscovitch (Toronto), 6th, (70.92); x-Paige Lawrence (Kennedy, Sask.) and Rudi Swiegers (Kipling, Sask.), 13th, (58.97).

x- qualified for the Free Program on Feb. 12.

FREESTYLE SKIING

Ladies' Ski Slopestyle Qualification - x-Dara Howell, Huntsville, Ont., 1st, (88.80); x-Kim Lamarre, Quebec City, 2nd, (85.40); x-Yuki Tsubota, Whistler, B.C., 4th, (81.00); Kaya Turski, Montreal, 19th, (28.00).

x- qualified for final

Ladies' Ski Slopestyle Final - Dara Howell, Huntsville, Ont., **Gold Medal**, (94.20); Kim Lamarre, Quebec City, **Bronze Medal**, (85.00); Yuki Tsubota, Whistler, B.C., 6th, (71.60).

LUGE

Women's Singles Run 3 - Alex Gough, Calgary, 4th, (50.286 seconds, +0.521); Kimberley McRae, Calgary, 5th, (50.356); Arianne Jones, Calgary, 11th (50.745).

Women's Singles Run 4 - Alex Gough, Calgary, 5th, (50.426 seconds, +0.237); Kimberley McRae, Calgary, 5th, (50.620); Arianne Jones, Calgary, 10th (50.608).

Women's Singles Final Ranking: Alex Gough, Calgary, 4th, (three minutes, 21.578 seconds, +1.81 seconds); Kimberley McRae, Calgary, 5th, (3:21.895); Arianne Jones, Calgary, 13th, (3:23.183).

SKI JUMPING

Ladies' Normal Hill Individual 1st Round - Taylor Henrich, Calgary, 7th, (118.2 points); Atsuko Tanaka, Calgary, 8th, (117.8 points).

Ladies' Normal Hill Individual Final Round - Atsuko Tanaka, Calgary, 12th, (231.3 points); Taylor Henrich, Calgary, 13th, (230.4 points);

SNOWBOARD

Men's Halfpipe Qualification - Heat 1: Derek Livingston, Aurora, Ont., 10th (70.25); **Heat 2:** Crispin Lipscomb, Whistler, B.C., 12th (65.25); Brad Martin, Ancaster, Ont., 19th, (31.25).

Men's Halfpipe Final Ranking: Derek Livingston, Aurora, Ont., 19th; Crispin Lipscomb, Whistler, B.C., 23rd; Brad Martin, Ancaster, Ont., 39th.

SPEED SKATING

Ladies' 500 m Race 1 of 2 - Christine Nesbitt, London, Ont., 11th (38.53 seconds, +1.11 seconds); Anastasia Bucsis, Calgary, 27th (39.272); Marsha Hudey, White City, Sask., 32nd (39.59); Danielle Wotherspoon-Gregg, Red Deer, Alta., 33rd (39.76).

Ladies' 500 m Race 2 of 2 - Christine Nesbitt, London, Ont., 12th, (38.61 seconds, +1.33 seconds); Anastasia Bucsis, Calgary, (39.25); Danielle Wotherspoon-Gregg, Red Deer, Alta., (39.56); Marsha Hudey, White City, Sask., (39.63).

Ladies' 500 m Final Rankings: Christine Nesbitt, London, Ont., 12th, (77.15 seconds, +2.45 seconds); Anastasia Bucsis, Calgary, 28th, (78.52); Marsha Hudey, White City, Sask., 32nd, (79.22); Danielle Wotherspoon-Gregg, Red Deer, Alta., 33rd, (79.32).

CURLING

MEN

All Times Eastern

Tuesday's results

Sweden 7 **Canada 6**
China 9 United States 4
Britain 7 Germany 6
Norway 9 Russia 8

Wednesday's games

Denmark vs. United States, 12 a.m.
Norway vs. Germany, 12 a.m.
China vs. Switzerland, 12 a.m.
Germany vs. China, 10 a.m.
Switzerland vs. Britain, 10 a.m.
Russia vs. **Canada**, 10 a.m.
Denmark vs. Sweden, 10 a.m.

WOMEN

All Times Eastern

Tuesday's results

Switzerland 7 Denmark 6
Canada 9 Sweden 3
Russia 9 United States 6
South Korea 12 Japan 7
Britain 12 United States 3
Switzerland 8 South Korea 6
Japan 8 Denmark 3
China 7 Russia 5

Wednesday's games

Japan vs. Russia, 5 a.m.
United States vs. China, 5 a.m.
South Korea vs. Sweden, 5 a.m.
Canada vs. Britain, 5 a.m.

HOCKEY

PRELIMINARY ROUND

All times Eastern

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.
Latvia at Switzerland, 12 p.m.

WOMEN

Tuesday's results

Sweden 4 Germany 0
Russia 2 Japan 1

Wednesday's games

Switzerland at Finland, 3 a.m.
Canada at United States, 7:30 a.m.

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Norwegians continue cross-country domination

Ola Vigen Hattestad of Norway, left, and Calle Halfvarsson of Sweden compete in the men's sprint free finals during Day 4 of the Winter Olympics on Tuesday in Sochi. Norway won double gold in the cross-country freestyle sprints, including Hattestad's, while picking up silver medals in the women's sprint and women's 10-kilometre biathlon pursuit. RICHARD HEATHCOTE/GETTY IMAGES

'I-Pod' gives Shaun White his exit music

Halfpipe. American snowboarder finishes 4th after failing to land Swiss star's trick

Shaun White lost to a kid they call the "I-Pod," and now he may never hear the end of it.

How big of an Olympic shocker was this? White, the best snowboarder of his era and one of the best-known and best-marketed athletes at the Sochi Games, didn't even win a medal. He finished fourth.

The 27-year-old American, who opted out of the Olympic slopestyle debut and put all his chips in the halfpipe, where he hoped to win a third straight gold medal, got knocked off by Iouri Podladtchikov, the Russian-born inventor of the "Yolo," the trick that White could not master.

"I'm disappointed," White said. "I hate the fact I nailed it in practice, but it happens. It's hard to be consistent."

The Japanese pair of 15-year-old Ayumu Hirano and 18-year-old Taku Hiraoka won silver and bronze, and the Americans were shut out on the halfpipe for the first time since the sport was introduced to the Olympics in 1998.

Podladtchikov, who now lives in and competes for Switzerland, landed the trick successfully at an event in Europe last season, but hadn't done it since.

"I'm about to faint ..." said Podladtchikov, who gets his gold Wednesday.

White watched a replay of I-Pod's trick last March and went to work trying to match it.

He landed it twice in qualifying events and was listed as the heavy favourite to become the seventh person to win three straight gold medals in an individual event at the Winter Games.

THE ASSOCIATED PRESS

Disappointing finish

"The tricks I learned getting ready for the competition will carry on for a couple years.... It's a bummer. I had one of those nights." American snowboarder Shaun White, on his fourth place finish.

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Michael Sam. CFL players fined for comments about gay U.S. football player

The Canadian Football League fined two players undisclosed amounts Tuesday for making comments about openly gay football player Michael Sam.

Montreal Alouettes wide receiver Arland Bruce was fined for a crude posting on social media urging Sam to "submit to God."

Winnipeg Blue Bombers defensive tackle Bryant Turner Jr. was disciplined for a reported anti-homosexual tweet that has since been deleted.

"The comments made by these players are extremely disappointing and do not represent the CFL's views or the views of the vast majority of our players," CFL commissioner Mark Cohon said in a statement.

"The CFL is supportive of openly gay athletes in professional sports and we commend the courage shown by Michael Sam. During the off-season, we have been working with an organization that specializes in this subject."

THE CANADIAN PRESS

The CFL fined Arland Bruce Tuesday for making inappropriate comments about openly gay football player Michael Sam. THE CANADIAN PRESS FILE

Did you know?

4%

A Pew Research survey last year of lesbian, gay, bisexual and transgender adults in the U.S. found that just four per cent saw pro sports leagues as friendly toward LGBT people, while 59 per cent saw the leagues as unfriendly and 36 per cent as neutral.

Gay baseball player?

Girardi: MLB ready

Yankees manager Joe Girardi says the MLB would accept an openly gay player. "I think our world has adjusted to that," he said Tuesday. THE ASSOCIATED PRESS

CFL

Riders re-sign record-tying kicker

Kicker Chris Milo has re-signed with the Saskatchewan Roughriders, in a deal announced mere moments after the Montreal native hit the free-agent market.

The three-year CFL veteran played a crucial role in last year's championship drive, connecting on 46 of 52 field goal attempts for an 88.5 per cent success rate in the 2013 season.

He began the season by hitting 28 consecutive field goal attempts, tying a team record. METRO

Qatar 2022. World Cup body publishes charter for protection of workers

Qatar sought to allay widespread concerns about conditions for migrant workers on World Cup building projects by detailing on Tuesday how their rights must be protected by contractors.

Rights group Amnesty International called the charter a "positive, if partial" step, but the International Trade Union Confederation called it a "sham," and complained that 2022 World Cup leaders have not demanded changes in Qatar's labour laws despite mounting criticism from rights groups.

FIFA, which ordered the report, said the charter showed "concrete steps" were being taken to accelerate the introduction of "adequate uniform" conditions for workers building venues for the Middle East's first World Cup.

THE ASSOCIATED PRESS

Quelling concerns

The document includes basic welfare obligations published last year, including requirements for employment contracts, payment, medical care and living conditions.

Did you hear the one about Jay Leno and his cars?

Not on The Tonight Show, you didn't. Famous car collector saved most of his vehicle funnies for when he was off camera

AUTO PILOT
Mike Goetz
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Jay Leno left The Tonight Show last week, after a 22-year run. Over that time he cranked out thousands of jokes. He made more than 4,000 at the expense of President Bill Clinton alone.

His next favourite targets were President George W. Bush (3,239), Vice-President Al Gore (1,026), and President Barack Obama (1,011).

O.J. Simpson clocked in at number six. In fact, Leno quipped his last and 795th joke about O.J. during his outgoing monologue.

"So much has happened (over the last 22 years). You know the saddest part? O.J. never found the real killers."

Categorizing the subject matter of Leno's jokes this way made me realize he didn't really joke too much about his favourite and all-consuming passion — cars and motorcycles. He is probably the world's more recognizable car collector.

Big-time collectors tend to be a bit camera shy, but not Mr. Leno. He shares his collection with the world via Jay Leno's Garage, an internet-based series, and through all sorts of very public appearances at cars shows and other events.

Funny, but even though it's harder to come by, I like Leno's car-based humour much better than his regular fair. I guess I'm one of those who think his TV jokes are a bit too broad-based and mercenary. The New York Times claimed Leno's mantra was always, "Write joke, tell joke, get check."

His riffing on car matters, however, seems less like forced jocularity and more like a fun conversation you would have with a buddy riding shotgun on a road trip.

Here are some of my favourite Jay Leno-isms about cars and motorcycles, picked up over the years from monologues, interviews, profiles and things he's written himself in car and bike magazines. (Disclaimer: I'll be paraphrasing here and there, since I do not remember in verbatim.)

On how many cars and motorcycles are in his collection: "My wife thinks it's around 17 or so. Let's go with that." (In reality it's over 200 and counting.)

On cupholders: "Rolls-Royce has finally introduced a cupholder. He sits in the back and his name is Charles."

On coming to a stoplight in his MTT Y2K Turbine Superbike: "I look in the mirror and see the heat from the turbine is actually melting the plastic front bumper of the Toyota Corolla right behind me. When the light turns green I am going to be so outta here."

On buying cars to get impress people: "I'm not the type of person who buys a car to impress people — most women are not really impressed by a guy in a 1909 White Steam Car."

On getting pulled over by the police for speeding in a 1909 White Steam Car: "The cop was more intrigued that it was made of wood, and carrying an open flame, than the idea that I was going 76 m.p.h. But when you go by a cop in a wooden car that's on fire, going 76, they tend to go, 'Hey, hey. What's that?'"

On bad cars: "I'm like Father Flanagan in Boys Town. There are no bad cars. There are just cars that need to be loved and taken care of.

Jay Leno rarely told automotive-themed jokes on The Tonight Show for such a famous car enthusiast and collector, but I really enjoyed the ones he did crack away from the TV spotlight. TORSTAR NEWS SERVICE

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

The unusual world of car sales foresight

Driving force.
Forecasters look at jobs, prices and the world to estimate car sales

JIL MCINTOSH
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Last year, Canadians bought a record 1.74 million vehicles, an increase of four per cent over what they purchased in 2012. And with 2014 well under way, analysts are already looking at how many cars and trucks will end up in new homes this year.

"We expect purchases to climb to a record 1.76 million units in 2014," says Carlos Gomes, senior economist and auto industry specialist for Scotiabank. "New-vehicle affordability in Canada is at the best level in two decades."

These forecasts are an important tool for many companies involved in the auto industry, including the car manufacturers themselves, their dealers, lending facilities and service suppliers.

The forecasts also give insight into what will happen in the coming years, as dealers and auto auctions estimate how many used vehicles will eventually end up in the market, or tire dealers determine how many replacement or winter tires they should stock.

Forecasters look at such things as the strength of the global economy and the Canadian dollar, employment figures and car prices. It's a complicated puzzle, with factors that can connect in unusual ways. For example, the U.S. recession brought a sharp drop in new houses being built, which in turn dried up the export market for Canadian lumber. Those industries, and others like them, bought fewer new trucks. Not only did that affect the auto market at the time, but a few years later, the resulting supply-and-demand of these smaller numbers sent the price of used trucks soaring.

To come up with his forecasts for 2014, Gomes considered such things as an upcoming shipbuilding contract in Nova Scotia and increased natural gas drilling in British Columbia, which will ultimately increase jobs and raise car sales, along with downward trends such as a delayed aerospace project in Quebec.

He also looks at vehicle pricing. "Affordability has improved so dramatically," he says. "We look at the average vehicle price and compare it with the level of the typical household income, and divide prices by income. We do it as the number of weeks that a household has to work to buy a new vehicle. That number has been coming down significantly."

Currently, a household must work 23.5 weeks to earn enough to buy a car, Gomes says. The average since 1990 has been 27 weeks, although there was a spike in 1999, when vehicles were least affordable and it took 32 weeks of work to purchase one.

"The automakers have done a good job of limiting price increases," Gomes says. "Since the downturn of 2000/2001, annual price gains have been only about 1 per cent per year, while we're seeing household incomes increasing by roughly triple that. Stable car prices and rising incomes have led to the improvement of affordability."

To note

- **Truck-mad Alberta.** Albertans buy 30 per cent of all the pickup trucks sold in Canada. Within the province, 75 per cent of all vehicle sales are trucks, SUVs, or vans.
- **Ontario stats.** There were 646,000 vehicles sold in Ontario in 2013, the second-highest number on record. Most went to households, but fleet sales are forecast to climb in 2014.
- **Potential knock-on effect.** Since many vehicles sold in the U.S. are made in Canada, a stronger U.S. economy will drive increased production at Canadian plants.

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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis and the sum of 12 monthly payments divided by 26 and multiplied by 4 for customers paying on a monthly basis ("First 4 Bi-Weekly Payments"). Maximum amounts are $500 on 2013/2014 [Focus S and Fiesta S], $750 on 2013/2014 [Focus (excluding S), Fiesta (excluding S)] and 2014 [C-MAX], $1,000 on 2013/2014 [Fusion], 2014 [Mustang (excluding Shelby GT500), Escape], $1,250 on 2013/2014 [Taurus, Edge], 2014 [F-150 Regular Cab, Super Cab, and Super Crew], $1,500 on 2013/2014 [Flex], 2014 [Explorer], $1,750 on 2014 [Expedition], All Mustang Shelby GT500, Transit Connect E-Series, F-150 Raptor, Super Duty, Medium Truck, Chassis, Stripped Cab and cutaway models excluded. Offer only available on approved credit (O.A.C.) from Ford Credit. If the equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer Finance customers will receive a cheque for the amount of their first 4 Bi-Weekly Payments from the dealer. For RCL customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. † Until January 31, 2014, receive $500/ $1,000/ $1,500/ $2,000 / $2,250/ $2,500/ $3,000/ $3,250/ $4,000/ $4,500/ $5,000/ $5,750/ $6,500/ $6,750/ $8,500/ $9,000/ $10,000/ $10,500 in Manufacturer Rebates with the purchase or lease of a new 2014 [Escape (excluding 2.0L)/ 2013 [Focus (excluding BEV), Fiesta], 2014 [Focus BEV, Escape 2.0L, E-Series,]/ 2013 [Escape S, E-Series], 2014 [Mustang V6 Coupe, Taurus (excluding SE)] / 2013 [Edge AWD (excluding SE), F-150 Regular Cab XL 4x2/ Value Leader, F-150 4x2 Tremor, F-150 Super Cab XL 4x2/ Value Leader, F-150 4x2 Tremor, F-150 Super Crew XL 4x2/ Value Leader, F-150 4x2 Tremor, F-150 Regular Cab XL 4x2/ Value Leader, F-150 4x2 Tremor, F-150 4x4 Super Cab XL/ Value Leader, F-150 4x4 Super Crew XL/ Value Leader, F-150 4x4 Regular Cab XL/ Value Leader, F-150 Super Cab XL 4x2/ Value Leader, F-150 Super Crew XL 4x2/ Value Leader, F-150 4x4 Regular Cab XL/ Value Leader, F-150 4x4 Super Cab XL/ Value Leader, F-150 4x4 Super Crew XL/ Value Leader, F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L] for [$25,999/$26,499] (after Total Manufacturer Rebate of [$10,000] deducted). Does payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,750) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^ Estimated fuel consumption ratings for the 2013 [F-150 4X4 5.0L V8 6-Speed Auto]. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. **Offer only valid from February 1, 2014 to February 28, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). 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Shipbuilding and mineral mining can factor in when estimating car sales.

It all comes down to how much disposable income people have. BOTH IMAGES PROVIDED

Horoscopes

♈ Aries
March 21 - April 20
Everyone expects you to be happy-go-lucky and most of the time you are, but something has been worrying you beyond belief in recent weeks. It's time to get over it.

♉ Taurus
April 21 - May 21
You don't find it easy to let others make decisions for you but today you are advised to put yourself in other people's hands and let them call the shots. The planets indicate you won't lose a thing.

♊ Gemini
May 22 - June 21
It's time to get serious about your ambitions. The winds of fate can blow you only so far. Once you reach a certain point, you have to get ahead on your own. Go for it!

♋ Cancer
June 22 - July 23
What others don't want you to know is exactly what you need to know right now, so start asking questions and don't stop until you have found answers that make sense.

♌ Leo
July 24 - Aug. 23
You must deal with a money worry you have been doing your best to ignore. Now that Mercury is about to move back into your opposite sign, you will have to be totally honest with yourself.

♍ Virgo
Aug. 24 - Sept. 23
You may not see eye-to-eye with a certain individual but you can reach a compromise that satisfies you both. It's quite possible to be allies in some areas and rivals in others, even though you may never be friends.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you must choose a route and stick with it today. If you don't, it may be several more weeks before you get the chance to regain control of your affairs.

♏ Scorpio
Oct. 24 - Nov. 22
All things are possible for those born under the sign of the Scorpion but you still need to be clear about what it is you want and committed to getting it. Reaffirm your desires today.

♐ Sagittarius
Nov. 23 - Dec. 21
Put petty arguments behind you and move forward together again. Cosmic activity in the domestic sector of your chart makes it easy to kiss and make up today. Tomorrow it may be too late.

♑ Capricorn
Dec. 22 - Jan. 20
Something you see or hear on your travels could be just what you've been waiting for. Even if it isn't, it will still be a lot of fun and fun is something that has been lacking of late.

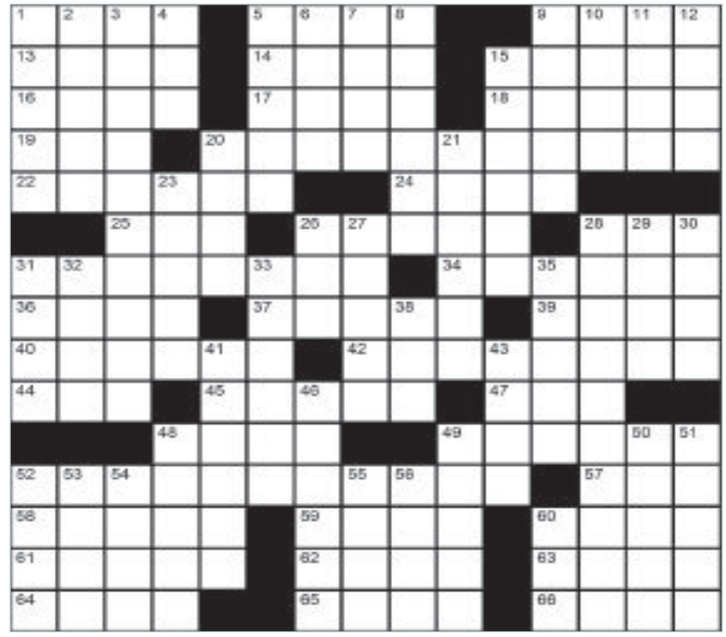
♒ Aquarius
Jan. 21 - Feb. 19
You must be positive and professional today, because the face you show the world over the next 24 hours is the one they will remember for the next few weeks. Show important people how determined you are.

♓ Pisces
Feb. 20 - March 20
Start making moves that will get you noticed. Even if you prefer to stay in the background, you will have to give part of yourself over to the public domain. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

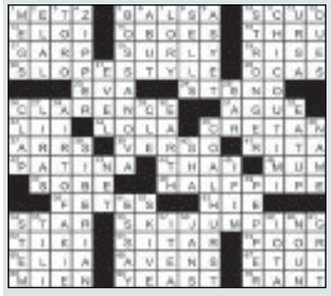
BY KELLY ANN BUCHANAN



Across
1. Tire going flat sound
5. Rhyming scheme
9. SOCHI 2014 - Sport-on-a-sled
13. Street
14. Hope __ Hospital, on CTV's "Saving Hope"
15. More lenient
16. Liturgical vestments
17. Jog
18. Once Time link: 2 wds.
19. Golfer Michelle
20. SOCHI 2014 - Pairs Figure Skating move: 2 wds.
22. SOCHI 2014 - __ Combined
24. Mr. Musk
25. Pistol
26. __. Assistant
28. Kit __
31. Toronto office building, Bay __ Centre; or, city in Australia
34. Rene's songstress wife
36. So longs
37. Jack of "Twin Peaks"
39. Gr.
40. Singer John
42. Guessed
44. Energy unit
45. An archangel
47. __ _ lark
48. James or Scott
49. Unlocked
52. SOCHI 2014 - Athletes pack their bags upon positive results from them: 2 wds.
57. Actress Sandra
58. Croissant shape [abbr.]
59. Cole Porter's "Well, Did You __?"
60. Land unit
61. Vivian of "I Love Lucy"
62. Sportswear brand
63. Proper's pal
64. Go __ detail
65. Highway-crossing animal
66. Caustics

Down
1. Spot __ (British Columbia shrimp)
2. First __ (Shakespeare's 1623 plays collection)
3. Jewel-encrusted Russian treasure: 2 wds.
4. Canadian banks, e.g.
5. Empire of Mexico
6. Broadcast, __ _ show
7. Charge
8. SOCHI 2014 - National __ (Gold-getter's tune)
9. Rabbit: French
10. Wife: Latin
11. Actress, __ Lee Nolin
12. 'Fed' suffix (Government-related)
15. Broadway star Patti
20. Ms. Lohan, Show-biz parent
21. One cutting the tomato
23. Edible seaweed
26. US teeth docs org.
27. Crowded
28. SOCHI 2014 - Area where figure skaters wait for their scores: 3 wds.
29. L'__ aux Meadows
30. Mind
31. Fit
32. Cloth hue's changer
33. "Tootsie" (1982) ...how Dustin Hoffman appeared: 2 wds.
35. Pure __ (Wool garment tag)
38. __-de-sac
41. Subtlety
43. Cleans the floors
46. Mean
48. The __ Kid (Westerns character)
49. Significant __ (Special someone)
50. Supernaturally strange
51. Regards
52. Nero's 606
53. Port city of Algeria
54. Cooped up
55. Songstress Ms. Sands
56. Purpose
60. Fergie's bandmate, __.de.ap

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	6	9	2	4	1	8	5	3
3	2	1	9	5	8	6	7	4
4	5	8	7	6	3	2	9	1
6	8	2	5	3	9	1	4	7
1	4	3	8	2	7	9	6	5
9	7	5	4	1	6	3	8	2
2	1	7	6	9	4	5	3	8
5	9	4	3	8	2	7	1	6
8	3	6	1	7	5	4	2	9

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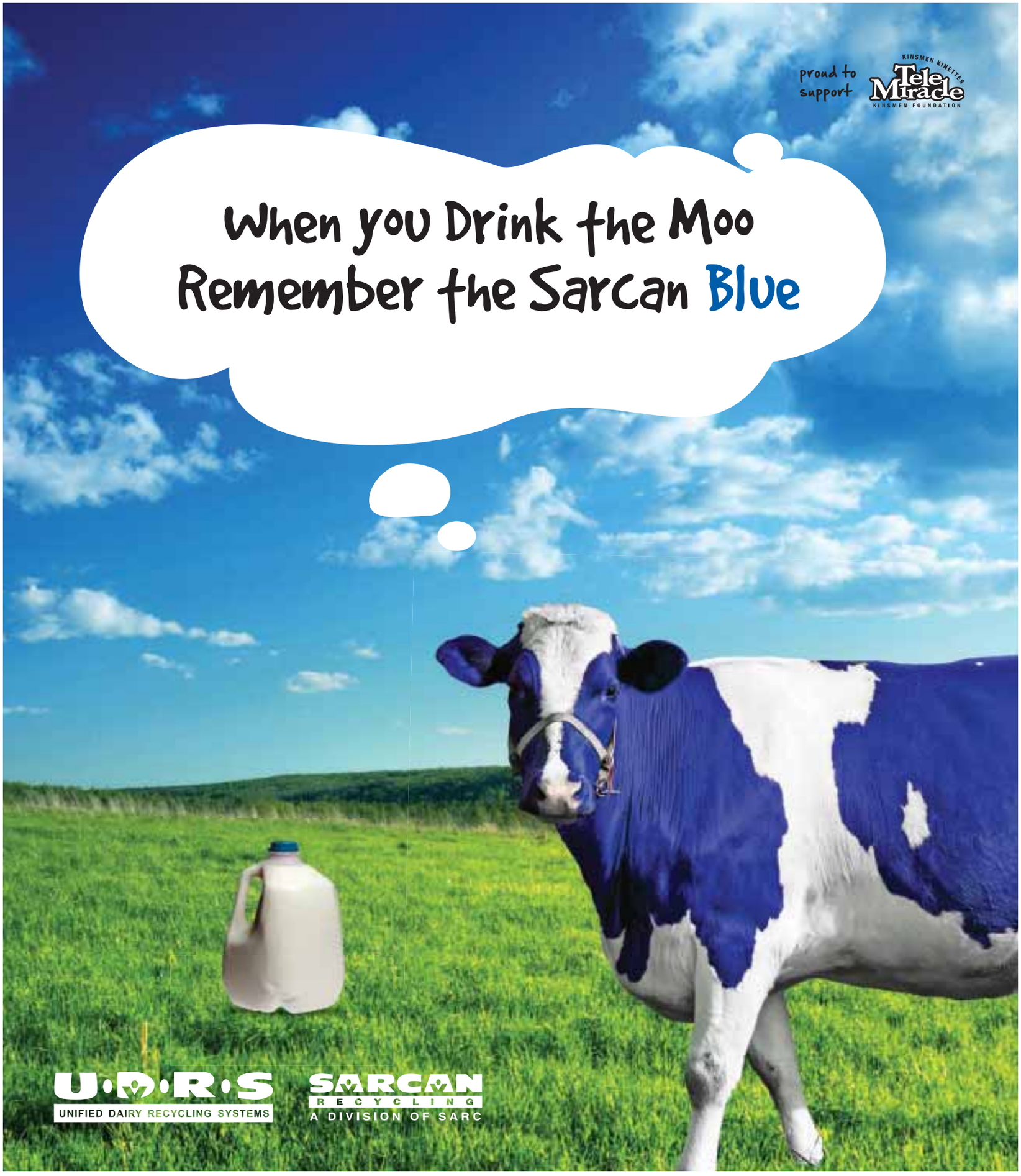
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